

# DINNERLY



## Balanced Pumpkin Baked Beans with Dukkah and Rocket Salad



30 minutes



2 Servings

Breakfast for dinner is the ultimate indulgence. Sweetened with pumpkin and paired with a refreshing salad, these baked beans are just the ticket.



## WHAT WE SEND

- 250g Japanese pumpkin
- 1 spring onion
- 2 x 400g cannellini beans
- 10g dukkah <sup>1,11,15</sup>
- 400g diced tomatoes
- 50g rocket leaves
- 50g feta <sup>7</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 1 tbs tomato paste
- 1 tsp honey
- 1 tbs red wine vinegar <sup>17</sup>
- 2 tsp dijon mustard <sup>17</sup>

## TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 580kcal, Fat 29.9g, Carbs 47.5g, Proteins 23.9g



### 1. Prep ingredients

Peel the **pumpkin** and cut into 1cm chunks. Thinly slice the **spring onion** on an angle, keeping the white and green parts separate. Crush or finely chop **2 garlic cloves**. Drain and rinse the **beans**.



### 2. Cook pumpkin

Cook the **dukkah** in a cold medium frypan over medium heat, tossing, for 3-4 mins until toasted. Remove from the pan. Heat **1 tbs olive oil** in the pan over high heat. Cook the **pumpkin**, stirring occasionally, for 6-8 mins until starting to soften.



### 3. Add beans

Add the **white part of the spring onion** to the pan and cook, stirring, for 1 min or until starting to soften. Add the **beans, tomatoes, garlic, 2 tsp toasted dukkah** and **1 tbs tomato paste** and cook, stirring, for 4 mins or until the pumpkin is tender. Stir in **1 tsp honey**. Taste, then season with **salt and pepper**. Remove the pan from the heat.



### 4. Make salad

Meanwhile, put **1 tbs olive oil, 1 tbs red wine vinegar** and **2 tsp dijon mustard** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **rocket** and **remaining spring onion**, crumble over the **feta** and toss to coat.



### 5. Serve up

Divide the **pumpkin baked beans** among bowls, scatter with the **remaining toasted dukkah** and serve with the **rocket salad**. Enjoy!



### 6. Make it yours

Like a little heat? Scatter chilli flakes over the pumpkin baked beans to serve.